

Girls' Pamper Day for Two

KEY INFORMATION

Your treatment will last approximately 25 minutes and the facilities can be enjoyed all day.

Your treatment will be on a one-to-one basis with the therapist. There will be other guests enjoying the facilities.

Please inform the venue of any skin allergies or medical conditions that may affect you taking part. A health check will be required which may result in the venue requesting a medical certificate.

The minimum age for this experience is 18 years old.

This package is available on selected dates, throughout the year, subject to availability. You must take your experience by the expiry date.

LOCATIONS

Kent, Ashford; South Yorkshire, Barnsley; Staffordshire, Burton-on-Trent; Glamorgan, Cardiff; Cumbria, Carlisle; Inverness-shire, Inverness; Leicestershire, Leicester; Midlothian, Newcraighall; Bedfordshire, Luton; Greater Manchester, Manchester; Buckinghamshire, Milton Keynes; Perthshire, Perth; Cambridgeshire, Peterborough; West Midlands, Solihull; West Midlands, Sutton Coldfield; Staffordshire, Tamworth; North Yorkshire, York; West Midlands, Birmingham; Essex, Chafford Hundred; Stirlingshire, Falkirk; Fife, Dunfermline; Nottinghamshire, Mansfield; Durham, Darlington; Midlothian, Edinburgh; Oxfordshire, Banbury; Kent, Broadstairs; Norfolk, Norwich; Bedfordshire, Stotfold; Greater Manchester, Ashford; Durham, Durham; Aberdeenshire, Aberdeen; West Yorkshire, Wakefield; Lancashire, Blackpool; Cheshire, Crewe; Surrey, Weybridge; Essex, Chingford; Lincolnshire, Grimsby; Kent, Orpington; Shropshire, Shrewsbury.

DESCRIPTION

Enjoy a relaxing 25 minute treatment each plus use of the spa for the day.

Spend some quality time with someone special with this relaxing Girls' Spa Day package for two which includes a 25 minute treatment each, plus enjoy unlimited use of the leisure and relaxation facilities. You can choose between two of the most popular beauty treatments, either a facial or massage, so you can opt for whichever takes your fancy on the day. An express facial is designed to give a quick, instant pick me-up by cleansing, rehydrating and rebalancing the skin to leave you feeling fully refreshed. The upper body massage is designed to target key areas that hold stress and to relieve muscle aches and pains. It is excellent for knots in shoulders and will help you feel wonderfully relaxed.

Once you have enjoyed your treatments, you are free to spend the rest of day at the health club, making the most of the opportunity to relax. Facilities vary depending on location, but typically

include: an air conditioned gym complete with an extensive array of equipment for anyone who wants a good work out; a pool where you can swim a few lengths or just enjoy a nice relaxing soak; maybe you'll opt for the sauna and steam room which is ideal for relieving muscle tension; or there's the Jacuzzi where the warm water will help you unwind; and if you're feeling energetic after your treatment there's a variety of exercise classes such as Boxercise, pilates, Tai Chi and aerobics (please note classes are subject to availability).

A little pampering is the perfect escape from the daily hustle and bustle of life. Who will you treat to this join you on this fabulous experience?